

Edward-Elmhurst CME



2021 Edward-Elmhurst CME Conference

2021-22 EEH Enduring CME: Acupuncture and Traditional Chinese Medicine

Speaker(s): Nooshig Salvador, MD

Date(s): January 2, 2021 – January 2, 2022

Place: Online

Registration*: Registration **required** for all CME events. Visit www.eehcme.org to register.

**Due to requirements of our CME accreditation, credits are not applied to transcripts for unregistered participants or participants that do not complete the required evaluations.*

Acupuncture is a 3,000-year-old healing technique of Traditional Chinese Medicine. In 1997, the U.S. National Institutes of Health (NIH) documented and publicized acupuncture's safety and efficacy for treating a wide range of conditions. Acupuncture is now covered by many insurance policies and is used most broadly to relieve pain. Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites--commonly referred to as acupuncture points, or acupoints. The most common method used to stimulate acupoints is the insertion of fine, sterile needles into the skin. Pressure, heat, or electrical stimulation may further enhance the effects. Other acupoint stimulation techniques include: manual massage, moxibustion or heat therapy, cupping, and the application of topical herbal medicines and linaments. Modern research has demonstrated acupuncture's effects on the nervous system, endocrine and immune systems, cardiovascular system, and digestive system. By stimulating the body's various systems, acupuncture can help to resolve pain, and improve sleep, digestive function, and sense of well-being. This activity was designed to provide clinicians with an overview of the Traditional Chinese Medicine and its philosophy as it relates to current integrative medicine. It will also cover the science behind acupuncture and discuss the current studies and how acupuncture can be a non-pharmacologic alternative for pain management.

Program Objectives: At the conclusion of this live activity, participants should be able to:

1. Review the Traditional Chinese Medicine (TCM) approach to patients using its modalities.
2. Describe the Traditional Chinese Medicine (TCM) safety profile.
3. Discuss how to utilize the Traditional Chinese Medicine (TCM) approach to diagnose and treat patients.
4. Explain the current science behind acupuncture.
5. Analyze the results of available studies on acupuncture.
6. Evaluate acupuncture as a non-pharmacological treatment for pain management.

Edward-Elmhurst Health designates this live activity for a maximum of **[0.5] AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Edward-Elmhurst Health is accredited by the Illinois State Medical Society to provide continuing medical education for physicians.

As a reminder: Edward-Elmhurst Health is accredited to provide AMA PRA Category 1 Credit™ and tracks only Category 1 credit provided to physicians credentialed within the system. Only physicians are eligible to be awarded AMA PRA Category 1 Credit™. The AMA defines physicians as those individuals who have obtained an MD, DO or equivalent medical degree from another country. No other healthcare providers may be awarded AMA PRA Category 1 Credit™. However, accredited CME providers, such as Edward-Elmhurst Health, may issue documentation of participation to non-physicians that states the activity was certified for AMA PRA Category 1 Credit™. It is the responsibility of the non-physician provider to obtain his/her certificate and track those hours.